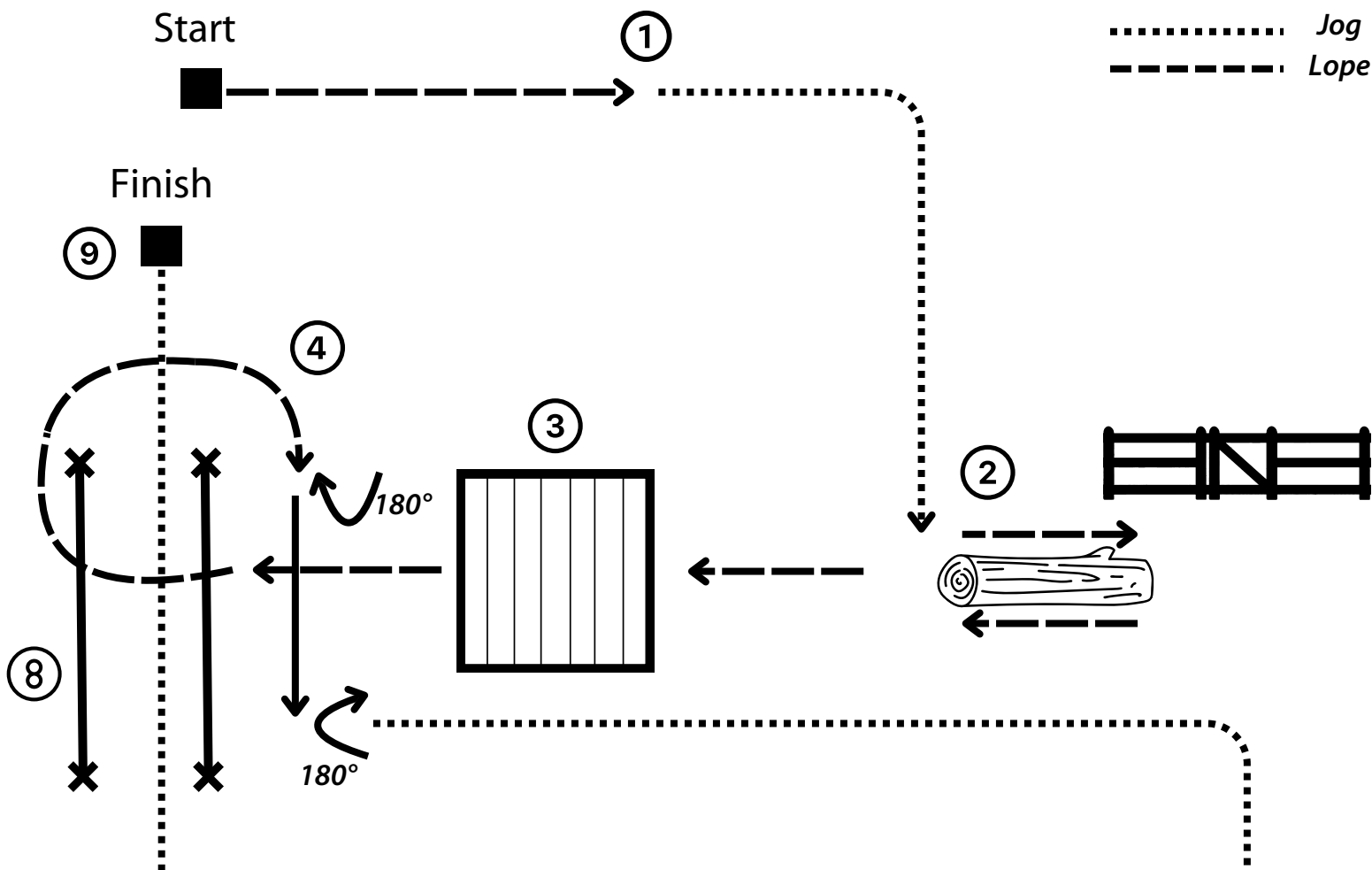


Remember, these obstacle sheets are only suggestions to give examiners and candidates ideas on how to lay out an obstacle course. They are not meant to be mandatory patterns, just suggestions.

- Back
- - - - - Walk
- Jog
- · - · - · Lope



Sample C-1 Obstacle Course

1. Walk, before turn, pick up jog
2. Jog to log, sidepass over log to gate, open and close gate. Sidepass over log away
3. Walk over bridge and raised poles
4. Back, turn and jog
5. Jog over poles
6. Lope, before box, jog
7. 360° turn in box
8. Jog through chute
9. Halt